

CACFP Proposed Changes compared to Best Practice Guidelines – Infant Meal Pattern

Current CACFP Meal Pattern Requirements	Proposed Changes to CACFP Meal Pattern Requirements	National Best Practice Standards	Rationale for Proposed CACFP Revisions
0-3 months, 4-7 months, 8-11 months	Infant age groups: 0-5 months and 6-12 months	AAP recommends beginning introduction of solid foods at 6 months of age	Current age grouping allows introduction of solids at 4 months of age. Aligning age groups with WIC
Solid foods may be introduced at 4 months of age	Only breastmilk or formula may be served to an infant up to 5 months of age	See above	See above
Breastmilk is only reimbursable if bottle fed by child care provider	Direct breastfeeding by mother at child care program is reimbursable	Child care providers should support breastfeeding mothers and infants	Development of incentives to support breastfeeding
Fruit juice may be served at a snack to 8-11 month olds	Prohibits serving juice to infants	Juice should not be served to infants under 12 months of age	Decreasing intake of sugars and low nutrient dense calories and to align with WIC
Fruit or vegetable not required at snack	Fruit or vegetable must be served in infant snack for 6-11 month olds	Not specified	Increased access to fruits and vegetables
Bread or crackers only	Ready to eat cereals are included under the grain category at snack time for 6-11 month olds	Not specified	Increasing grain options
Cottage cheese, cheese or cheese food spread was allowed for infants over 8 months of age	6-11 month old infants can no longer be provided any cow's milk product such as cheese cottage cheese or yogurt	Do not serve cow's MILK to infants under 12 months of age. No mention of cow's milk products	IOM recommends no cow's milk products for infants under 12 months

Suggested PSESD Comments to USDA on the Proposed Child and Adult Care Food Program (CACFP) Rule Change Infant (0 – 12 mths) Meal Pattern,

1. Only breastmilk or formula may be served to an infant up to 5 months of age. Complimentary foods (transition foods) are allowable from 6 – 12 months.
2. Breastfeeding by a mother during program hours is reimbursable.
3. Juice may not be served to infants under 12 months.
4. Fruit or vegetable must be served in infant snack for 6-11 month olds
5. 6-11 month old infants can no longer be provided any cow's milk product such as cheese cottage cheese or yogurt.

Comparison: CACFP Proposed Changes with Best Practice Standards; 3 – 5 yr old Meal Pattern

Current CACFP Meal Pattern Requirements	Proposed CACFP Meal Pattern Requirements	National Best Practice Standards (Caring for Our Children, 2012, NAPSACC, 2010)	*IOM Rationale for Proposed CACFP Revisions *Institute of Medicine
Fruits and veggies combined in one food group	Fruits and vegetables divided into separate food groups (100% juice can still meet the requirement at breakfast; can meet the requirement for either a fruit OR vegetable at lunch and can be served at snack if milk is not served.	*Serve no more than 4-6 oz of juice daily *Offer a vegetable or fruit at each snack. *Offer a vegetable 2 times per day or more *Avoid serving fried or pre-fried fruits or vegetables	To increase the amount and variety of fruits and vegetables served (although there is no increased requirement for fruits and veg in proposed plan for children’s meals and snacks in order to maintain cost neutrality)
Whole grain or enriched breads or grains may be offered	One serving per day of grains must be whole grain-rich	At least 50% of grains served should be whole grains	To increase provision of whole grain products and meet Dietary Guidelines
Any breakfast cereal may be offered	Breakfast cereals meet WIC requirements for iron, sugar, fiber and fat	Cereals must contain fewer than 6 grams of added sugar per serving	To decrease sugar consumption and align with WIC regulations
Grain based desserts can meet grain requirements (cookies, donuts,)	Grain based desserts (cookies, bars, donuts) are excluded from meeting grain component	Grain based desserts should be served no more than once every 2 weeks or not at all	Limit sugar and fat intake. Weekly meal patterns are not a part of CACFP. USDA has not defined a “grain based dessert” and welcomes comments.
Frying is an approved preparation method and pre-fried, flash-fried or par-fried foods may be served.	Disallow ONSITE frying method of food preparation (pre-fried, flash-fried or par-fried foods by the manufacturer would be allowed (eg: fish sticks, chicken nuggets, chicken strips, burritos)	Pre-fried meats should not be served or served no more than once every two weeks.	Decreasing fat intake. USDA has not defined “frying” and welcomes comments. Such as: would a stir fry dish be considered “fried”?
Any yogurt may be served as a meat alternate	Limit the amount of added sugar in yogurt.	Not addressed	Alt C1: REQUIRE that yogurt contain no more than *30 grams of sugar per 6 oz. Alt C2: RECOMMEND that....C1 *This includes added sugar and lactose. Plain yogurt has appr. 15 gms of lactose/8oz)

Suggested PSESD Comments to USDA on the Proposed Child and Adult Care Food Program (CACFP) Rule Change 1-5 year old Meal Pattern

1. Happy to see the proposed rule changes and pleased that the goal is to better align the meal pattern with the dietary guidelines for Americans.
2. Limit juice to no more than one serving per day for children age one and older.
3. Offer a fruit or vegetable for at least one snack per day.
4. Make the vegetable and fruit group two groups instead of one and both would be required at lunch.
5. Do not serve flavored milk to children 1-5 years of age (flavored milk is a sugar sweetened beverage).
6. Add water to the Meal Pattern to assure that it is provided at meal and snack time.
7. When flavored yogurt is served it must not contain more than 30 grams of sugar per 6 oz.
8. Staff should sit with children at meal and snack time.
9. Serve at least some if not all of the foods family style at meals and snacks.
10. **Recommend** disallowing processed meats such as hot dogs, corn dogs, bologna and sausage. **Could be a requirement.**
11. **Recommend** disallowing or limiting to one or fewer times per week: Pre-fried, flash fried or par-fried foods i.e processed pre-fried foods such as chicken nuggets, fish sticks, or chicken strips, deep fried burritos, French fries, tater tots, donuts. Pan frying or shallow frying with less than a ¼ inch of oil such as for Asian style vegetables should be allowed. **Could be a requirement.**